walks through the 19th century gardens, and tours of the cellars and brandy distillery.

→ From Bombarral take N361 S for 3km; Quinta is signed on the corner. 2544-909 Bombarral +351 262 609 190, Vinhos-sanguinhal.pt

39.2547, -9.1442

WILDER CAMPING

37 LISBOA CAMPING

A campsite under shady pine trees in Lisbon's Monsanto park, 1,000ha of woodland riddled with paths and trails.

→ Lisboa Camping & Bungalows, Estrada da Circunvalação, 1400-061 Lisboa +351 217 628 200, Lisboacamping.com

38 QUINTA DOS SETE NOMES, COLARES

This is an ecologically sustainable farm, just outside Colares in Sintra. The cooperative also runs gardening, handicraft, yoga and meditation classes and offers eco-camping at the farm. Compost toilets, showers and a communal kitchen and lots of delicious fresh fruit and vegetables.

→ Avenida do Atlântico 107B, Banzão,

2705-287 Colares +351 914 634 051, Quinta7nomes.com

38.8127, -9.4597 **A** !!

RURAL RETREATS

39 CASA DE CAMPODA FLORESTA ENCANTADA, MAFRA

A nine-bedroom country house in the old hunting grounds at Mafra. Wake up to birdsong outside your window and enjoy a wander in the woodland before breakfast.

→ Tapada Nacional de Mafra, Portão do Codeçal, 2640-602 Mafra +351 261 817 050, Tapadademafra.pt

38.9385, -9.3254

40 QUINTA DOS MACHADOS COUNTRY HOUSE & SPA, BARRAS

An elegant retreat with 29 guest rooms over two family houses in Mafra farmland. The outdoor pool is surrounded by woodland and there is access to a spa with jacuzzi, sauna and treatments.

→ 500m S of Barras on N8. 2665-006 Barras +351 261 961 279, Quintamachados.com

38.9875, -9.2749 11 1

41 ALMÁA SINTRA HOSTEL

A retreat and eco-hostel in the heart of the Sintra hills. The property is 12th century with 4ha of garden. Private and shared rooms are available. Spring water supplies the house and the furniture and decor is made with recycled material by local artists.

→ From Sintra take the N247 for 3.5km towards Quinta Grande, turn L at signs for Restaurante down Caminha Castanhais for 1km then R. Caminho dos Frades, Quinta dos Lobos 2710-560 Sintra +351 219 240 008, Almaasintrahostel.com

38.7980, -9.3992 11 4 1 ##

42 ALDEIA DA MATA PEQUENA

A small rural village in Mafra with a dozen houses within the Penedo do Lexim, an extinct volcano. A great place to experience nature as eagles and stealthy foxes inhabit this rich and well-preserved natural landscape.

→ From Mafra take the N9 S for 10km into Cheleiros, turn E following River Lisandro for 600m then take the sharp L, follow for 900m. Rua S. Francisco de Assis, 2640-366 Igreja Nova, Mafra +351 935 141 909, Aldeiadamatapequena.com

